F-2 Dance Resource: Round and round

**[Jen]:** For turning and spinning, students need to learn about eye focus. In turning, this is called spotting.

Already students have had eye exercises to assist with focus and location from a stationary body position.

First, allow sufficient time for students to experiment with spinning.

If allowed to spin freely, students will most likely become dizzy.

In order to avoid this students need to engage in a number of preliminary spotting exercises.

That is, to find a spot in front of them and remember to keep eye focus and balance.

There are a number of ways in which David can demonstrate this.

**[David]:** If you get the children to sit on the floor, sitting with their back as tall as who they are, put an arm out in front of them, look along the arm, past their fingers and out to the wall, finding a spot on that wall to look at.

Lowering the arm, keeping their focus on the spot, slowly start turning the body, leaving the focus there for as long as you can.

Once you've turned as far as you can looking at the spot, whip your head around, bring your focus straight back to the spot and complete the turn.

So putting an arm out in front of yourself, looking along the arm,past the fingers, finding a spot on the wall, turning your body, leaving your focus on the spot for as long as you can. Once you've turned as far as you can, whipping your head around. Bring your focus back to the spot and completing the turn.

You can also turn at varying body heights. So in a standing position, lifting up an arm, looking along the arm out past your fingers, finding a spot in front of yourself, making sure your spot is in line with your arm, turning the body, keeping your focus on the spot for as long as you can. Then whipping your head around, bringing your focus back to the spot and completing the turn.